

How to Find Your Passion in 15 Creativity Exercises

1. Write three lists

Sit down and write out three lists:

- everything you are good at
- everything you enjoy doing
- everything that gives you a sense of purpose

Then look for the common themes in these lists.

From those three lists, identify what makes them similar, the common theme between all three and highlight those similarities.

Let's use me as an example: *I'm good at creating development programs, I enjoy sharing ideas with people, and I feel purposeful when my ideas and experiences inspire and motivate people.*

2. What makes you smile?

3. What are you doing when you feel most beautiful?

This exercise is for identifying not only what draws you in, but also what makes you shine. It's important to think about the time and place where you feel most alive: whether it's when creating, connecting with someone, dancing, traveling etc.

PERSONAL BRANDING MASTERY

4. If you had to teach something, what would you teach?
5. If you would have nothing to prove, nothing to achieve, if you would have all that you need, what would you love doing?"
6. What would you do for free?

This focuses your attention on the big things that matter in your life

7. What might you regret not doing in life?

Is there something that you always wished you had done?

8. Identify your own strengths.

You'll be in a better position to make the most of what you are good at and passionate about

9. Take a break from business thinking.

After you take a break indulging in something you're passionate about, write down any business ideas that come to mind. You'll be amazed about your ideas"

10. Revisit your childhood.

What did you love to do? Make a list of favorite activities and interests from childhood. You may have loved something that doesn't even exist now, or doesn't make sense in your life now, but you may be able to find a new version of that.

PERSONAL BRANDING MASTERY

11. Experience.

We learn who we are in practice, by testing, not in theory. Start by being curious, trying new things, and seeing what sticks. Try different things to see what you enjoy.

12. Compare.

Ask yourself, if I had to choose between the first activity/passion and the second, which is more appealing to me? If you get stuck, close your eyes and envision a life in which the first activity plays a major role and the second doesn't exist. Now envision a life in which the second activity plays a major role and the first doesn't exist. Which image feels better? Once you have your answer, put your finger on the winner and compare that choice with the third activity. Repeat this exercise, moving your finger to the winning activity after each comparison; when you complete the loop, your finger will be on your number one passion.

13. Test

What it might be like to work in an area you're passionate about: doing what you enjoy -- even if you haven't yet figured out how to monetize it. Test what it might be like to work in an area you're passionate about, build your business network and ask for feedback that will help you develop and refine a business plan.

14. Concentrate on what inspires you.

The more you know about what drives you to be happy and successful, the better decisions you will make

15. Watch TEDTalks